Woman's First Love Her Biggest Love.

"A Woman's First Love, Like the First Pressing of Grapes, Has a Rare Flavor, a Subtle Delicacy Lacking in All Subsequent Vintages-Women Get More Contentment Though Less Ecstacy From Second Loves—There May Be Many Love Affairs in a Woman's Lifetime, but There Is Only One Love."

By Nixola Greeley-Smith

there really any occult significance in being the seventh son of a esventh son? Fortune tellers and those who consult such oracles be-Occasionally more scientific persons put forth some theory relating to the special extraordinary endowment of a

second, or it may be a ninth son, In England the whole system of inheritance centres about the peculiar fitness of the first born and the injustice we call primogeniture results. I know of one instance in which a woman bequeathed a great estate to her youngest child because she believed the boy "born in the fullness of her mental and physical powers would

know better than his older brothers and sisters how to

piness. These are projections-eman-

The expert accountant in every

The man who spurned our young

reader's heart was not a first love

invest her affections more profitably,

All this by way of preface to the inquiry of a young woman reader as to the relative importance of first, second and presemably seventh love,

administer the property."

"A girl gave her whole heart and soul to a man who spurned them." the writes me. "A second man faught her, by his great devotion, to love truly and everlastingly. She would not go back to that old first love for millions. Way not write an article on second love?"

I do so cheerfully, but with the fear that I shall fail to make the most of much love our creditor owes us when her subject. For I am a firm believer the affair goes into involuntary in the primogeniture of woman's bankruptcy. In any quarrel between heart being convinced that her first lovers what strange subterranean love. like the first pressing of grapes, ghosts of suppressed resentments rise has a rare flavor, a subtle delicacy to haunt forever their future haplacking in all subsequent vintages.

To be sure, women get more contentment though less contany from where Love's remerseless bookkeepsecond loves. In fact, no woman ing has gone on. really knows how to love in her first tremulous romance. In all probabil- heart, no matter how fine and genity the man our young woman reader crous it may be, soon figures the believes to be her second is really her emotional profit or loss on every first love. The mere fact that her sentimental relation and shuts down first feeling was unrequited makes ruthlessly on hopelessly bad debtors. me doubt its genuineness.

No sane woman goes on loving a human being who remains insensible but a had debt. She did wast to to her greatest gift. For however harsh and cruel it may be found, the I repeat, the tordency of every same law of love is the law of Moses-an human being is to cease loving where eye for an eye and a tooth for a love is not returned. Not to do this tooth and a heart for a heart. The is to show the same defect of reaanced in what Carlyle called "the it is a form of suicide—a suicide of business of getting done with life," the heart-to love hopelessly, absolutely requires a full measure of Love which is not returned candevotion in return for its own dedi- not really be accounted love at all, cation. We may fool ourselves on not because we should demand this point for a time, may say to pound for pound of affection but ourselves, that the great thing is to because we cannot help doing so love arrespective of our return, but if we are balanced human beings. when we finally balance accounts There is, I believe, only one lovewith our hearts we soon discover that though there may be many love we have been doing some close book- affairs in a woman's lifetime—and beeping all along and know just how whether it comes sixth or sixteenth

it is always the first and only, Newest Things in Science In a vanity box for women invented by a New Yorker the powder is carried under a perforated plate so that only a limited amount is obtained when a powder puff is pressed against



Beating It to Switzerland By Maurice Ketten







Rough Towel Exercises

For Cool Fall Mornings

By Pauline Furlong Easy Way to Remove Double Chin.





N exercise for strengthening the neck and reducing a double chin may be practised with the towel. It is a resistance movement. Grasp the towel, as shown in Fig. 1, around the lower back of the

head, and push head backward, resisting with the towel and pulling it forward. Then lower the head forward. on chest, as in Fig. 2, and resist this effort by trying to throw the head backward and preventing the movement with a forward pull on the towel. Resistance movement, which will remove double

chin, may also be practised with the hands clasped tightly behind the head and without the use of the towel. Some physical culture teachers adhere strictly to the Property resistance exercises, believing them to be absolutely

the best. While they are valuable, a great many women find them tiresome as well as monotonous and uninteresting. This is just the thing to avoid in practising any series of exercises. They should never be looked on an a duty, but considered a pleasant and beneficial pastime. For this reason it is better to include a large number of free-hand as well as apparatus exercises, and outdoor games also, because variety lends interest, and this is the essential point to bear in mind.

Skating and walking may be indulged in freely by the robust woman in the coldest weather with as much pleasure and benefit as tennis, golf and swimming in summer. It is a great mistake to allow the muscles to lie dormant at any season of the year. All exercises encourage deep breathing and blood circulation, which is their chief object.

TIRED, ACHING FEET—MRS. D. a well ventilated room and practico H. B.: Bathe the feet every night in the following solution, making it quite hot: Alum, 's ounce; borax, I consce; sea sait, I counce. Then soak in cold water and after drying, rub with alcohol, witch hazel or clive oil. Wear clean stockings and different shoes each day if possible.

The Housewife's

MALTED MILK-MRS. L. P. V. Malted milk is not as good as o milk, but it is very nourishing o bined with cow's milk, and easily di-gested by invalids and children.

ABOUT CELERY-NANCE R. It is said that celery is a valuable food for those suffering from rheuma-tism and nervous disorders. Like all other raw foods it is rich in mineral salts and purifies the blood.

ALWAYS DROWSY-OFORGER C .: Both mental and physical de-rangement may cause this condition. Learn to concentrate, take up some study and make it a habit. Sleep in

Scrapbook O not throw away cheese. Even O not throw away cheese. Even the dried pieces can be grated and kept in covered glass jars where it will keep nicely and be ready when you want it for macaroni, rice,

potatoes or any starchy food.

over rub it through a sleve and utilize t as a sauce for puddings or other desserts.

Use the tea that is left over for cleaning the grained wood work. It is excellent for this purpose but should be used cold.

If todine is spilled upon a white fabric pour boiling water through it at once and the stain will disappear.

The ABANDONED ROOM By Wadsworth Camp. Bobby Almost Solves the Secret THE ACE OF ACES Regim Next Initiation Regim Next Initiati